

# Ellington Senior Center Calendar September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>*Note: Schedule subject to change without prior notice</b>	<b>EMAT APPTS</b>  Bridge 9:00am Bocce Ball 10:30am Dominos 1:00pm Setback 7:00pm  Geissler's/Big Y	<b>EMAT APPTS</b> HVCC Transit Ellington Singers 10:00am <b>Podiatry Clinic 9:00am</b> Shuffleboard 2:00pm <b>Variety Show Mtg. 4:00pm.</b>  Price Chopper	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am Pinochle 6:00pm  SAT – 9/5/09 Setback @ 7:00 p.m.
7	8	9	10	11
<b>Senior Center Closed</b> <b>Observance of Labor Day</b>	<b>EMAT APPTS</b> Bridge 9:00am Bocce Ball 10:30am <b>Blood Pressure 1:30pm</b> <b>Diabetic Screening 1:30pm</b> Setback 7:00pm <b>Internet Safety Program 2:30pm</b> “Out To Lunch” Adams Mill Restaurant (1:00 pm)	<b>EMAT APPTS</b>  HVCC Transit Ellington Singers 10:00am Shuffleboard 2:00pm  Price Chopper	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm  Geissler's/Big Y	<b>EMAT APPTS</b>  Mahjongg 10:00am Ballroom/Polka Social 1:30pm Pinochle 6:00pm  SAT – 9/12/09 Setback @ 7:00 p.m.
14	15	16	17	18
<b>EMAT APPTS ()</b> Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beg -10:30am) Tai Chi (adv – 11:30am) Mahjongg 1:00pm Line Dancing 1:30pm Musical Insights 6:00pm <b>Hunger 101 2:30pm</b>  Shaw's	<b>EMAT APPTS</b> Bridge 9:00am Bocce Ball 10:30am Setback 7:00pm  <b>Volunteers Meeting 3:30pm</b>  Geissler's/Big Y	<b>EMAT APPTS</b> HVCC Transit Ellington Singers 10:00am Shuffleboard 2:00pm  Price Chopper	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Memory & Creative Writing 1:00pm  <b>Bowling Spare Time 12:30 pm</b> (Sign-up-Required)	<b>EMAT APPTS</b>  Mahjongg 10:00am Pinochle 6:00pm Ballroom/Polka Social 1:30pm  SAT – 9/19/09 Setback @ 7:00 p.m.

21	22	23	24	25
<b>EMAT APPTS</b> Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beg -10:30am) Tai Chi (adv – 11:30am) Mahjongg 1:00pm Line Dancing 1:30pm  Shaw's	<b>EMAT APPTS</b> Bridge 9:00am Bocce Ball 10:30am <b>Blood Pressure 1:30pm</b> <b>Diabetic Screening 1:30pm</b> Setback 7:00pm  Geissler's/Big Y	<b>EMAT APPTS</b> HVCC Transit Ellington Singers 10:00am Shuffle Board 2:00pm  <b>Big E</b> <b>“Connecticut Day”</b> <b>11:30 am</b> (Sign-up-Required)  Price Chopper	<b>EMAT APPTS</b> Sew & Sew/Crafts 9:30 am Better Age Club 1:00pm Canasta 1:00pm  SAT – 9/26/09 Setback @ 7:00 p.m.	<b>EMAT APPT</b> Mahjongg 10:00am Pinochle 6:00pm Ballroom/Polka Social 1:30pm <b>Variety Show</b> <b>Rehearsal 4:30pm</b> (Main Room)
28	29	30		
<b>EMAT APPTS</b> Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beg -10:30am) Tai Chi (adv – 11:30am) Mahjongg 1:00pm Line Dancing 1:30pm Musical Insights 6:00pm  Shaw's	<b>EMAT APPTS</b> Bridge 9:00am Bocce Ball 10:30am Setback 7:00pm <b>Discharge Planning</b> <b>Program (TRIAD) 2:00pm</b>  Geissler's/Big Y	<b>EMAT APPTS</b> HVCC Transit Ellington Singers 10:00am Shuffle Board 2:00pm <b>Variety Show</b> <b>Rehearsal 4:30pm</b>  Price Chopper		
Upcoming Activities		Monthly Features		Reminders
Lunch & Learn “Anxiety” 10/1/09 (1:00pm) Variety Revue Show – 10/4/09 (2:20pm) AARP Drivers Education Course – 10/6 & 10/7 – Hall Memorial Library (10am – 12pm) Memory Loss Program 10/23/09 (10:00am) Flu Clinic – 11/3/09 Ellington Middle School (9-11am) Holiday Bazaar – 11/7/09-Senior Center (9am-2pm) <b><u>Trips</u></b> Oktoberfest – 10/15/09 Queen Mary 2 – 11/30/09 Tropicana – Atlantic City – 1/19/09 – 1/21/09  <b><u>Evenings</u></b>		Better Age Club – Meetings 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 <sup>nd</sup> & 4 <sup>th</sup> Tues of the month (1:30pm) Ellington Singers – Wednesdays (10:00am) Exercise Classes – Mondays (9:00am) Memory & Creative Writing – 3 <sup>rd</sup> Thursday of month (1:00pm) Musical Insights – 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of the Month (6:00pm) Podiatry Clinic – First Wednesday of month (9:00am) Sew & Sew/Crafts – Thursdays (9:30am) Shuffleboard – Wednesdays (2:00pm) Tai-Chi – Mondays 10:30am (beg); 11:30am (adv) Anna L. Turner MSW– Elderly Social Worker		Transportation Line: 870-3137 Hours: 9:00 a.m. – 1:00 p.m.  <b>All Information for the upcoming            newsletter needs to be into the Directors            office no later than 10/11/09</b>

Cards: Setback – Tuesday & Saturdays 7:00 p.m. Pinochle – Friday at 6:00 p.m.		
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